

Sample Game



293 pages

www.DuctTapeTeambuildingGames.com

Spider's Web



Group Size: 8 – 16

Age Range: high school – adult

Intensity: Mental: easy.....♦.....hard
Physical: easy.....♦.....hard

Time: 20 – 30 minutes (without debrief)

Space: minimal.....♦.....lots

Set Up Time: 15 minutes

Amount of Duct Tape Required: 40 - 50 feet

Game Objective

The entire group must travel through the duct tape spider's web.

Skills Developed

Trust, Planning, Leadership, Problem Solving

SAFETY NOTE

Read the section on “Safety” below before you attempt to lead this activity.

Set Up / Preparation

Build a spider’s web:

1. When building the spider’s web, your number one concern is the safety of the participants.
2. The standard method for building a spider’s web indoors is to stack chairs (that are designed to be stackable) to make two columns each measuring approximately five feet tall. If your stacked chairs are unstable don’t do this activity.
3. The two columns of stacked chairs should be approximately eight feet apart.
4. Now it’s time to create the actual “spider’s web” by stringing the duct tape from one column of chairs to the other. The fastest and easiest stringing pattern is to create a grid , starting with the horizontal pieces of duct tape first and completing the grid by stringing the vertical pieces of duct tape last (refer to the photos). The holes should measure approximately 30 inches square. Smaller holes make the game harder. Consider creating your web with a combination of smaller and larger holes. BONUS: For those with the time and motivation, you can create a duct tape pattern between the two columns of chairs that would remind you of a real spider’s web.
5. SAFETY NOTE: It’s imperative to LIGHTLY attach the duct tape to the two columns of chairs. This will help prevent the chairs from falling over (and on top of people) should someone push on the duct tape. If the duct tape is lightly attached to the chairs and the duct tape is pushed, the duct tape should easily come off the chairs.
6. If you don’t want to use stacks of chairs, you can create the duct tape spider’s web between other things such as wide doorways, trees, columns, etc.

Presenting the Challenge

1. Ask the team to stand on one side of the spider’s web.
2. Presentation Script: “Your challenge is to travel from the side of the spider’s web you’re now on to the other side. You must follow and obey the following rules throughout the game.” [read the rules below]

Rules

1. Team members must travel THROUGH the spider’s web. You can’t travel over, under or around it.
2. Participants may not alter the spider’s web.
3. No member of the team may touch the spider’s web (duct tape) at any time no matter what side of the spider’s web they’re on.
4. Should a touch occur, offer the group one or a combination of the following penalties:
 - The person who touched must go back.
 - The entire team starts over again.

- Pass 2 people through that are connected together.
 - Allow the group to decide on an appropriate penalty.
5. Once an individual successfully makes it through a hole, that hole is closed (see “Variations” below).
 6. Participants may not jump or dive through web openings. Anyone traveling through the web must be spotted.
 7. Only the supplied equipment may be used. NOTE: Do not supply the group with any additional equipment. This rule will keep the group from using boards or other devices to help them travel through the web openings.

Safety Warning

1. Because lifting is involved, this is considered an advanced game. If you have anything less than advanced facilitation and leadership skills do not attempt this game.
2. If you (the facilitator) ever feel the group is operating in an unsafe manner you must immediately stop the game.
3. Follow the safety procedures for spotting described at the beginning of this book.
4. People with knee, shoulder or back injuries should not participate.
5. If possible, place a pad (gymnastics mat) on the ground underneath the spider’s web. This will provide a cushion should someone fall to the ground during this game.

Story Line

“Your team is traveling through the Amazon jungle and the path you must take has a giant spider’s web across it. There is no way around this so you must travel through the spider’s web. Don’t touch the spider’s web or the giant spider will wake up and chase you!”

Facilitator Notes

1. Due to the fact that lifting and spotting is involved, I consider this an advanced teambuilding game. Not all teams are ready for this activity.
2. During this game you (the facilitator) will be right in there with the group spotting them. You need to encourage everyone else to be safe during the game as well.
3. Some groups may want to practice passing people through the web prior to actually starting. Allowing the group to practice on the web itself can take away some of the unknown aspects of the activity. If you do decide to let the group practice, consider setting some limitations on the practice (time, number of tries, etc.). Practice can always be held in another area with the group imagining the actual spider’s web.

Debriefing Suggestions

Because this activity requires team members to help each other pass through openings, it lends itself to debriefing questions such as:

- In this game, the openings were made of duct tape. What “openings” exist for us as a team right now that we aren’t utilizing fully? What openings would we like to create?
- This game required a balance of planning and doing. What is true about how our team balanced these two during the game that is also true about how we balance the two in real life? Are there important lessons about the balance between planning and doing that we must understand to move forward as a team?
- When being passed through the web you were faced with trusting your teammates to take care of you. What noticeable and measurable changes would happen on our team if we trusted each other 10 times more?

Variations

1. Normally a hole is closed and made unusable after someone passes through that hole. You may need to re-open a hole under certain conditions. For example, if you have only 10 holes but have 15 people you will need to allow the group to use 5 of the holes twice. In this scenario you can let the team decide which holes will be used twice or you (the facilitator) can decide.
2. Divide the team in half. Have one group start on one side of the spider’s web and the other group start on the other side of the spider’s web. The goal is for the two groups to switch sides. The same rules for use of the holes applies in this variation. Hopefully the two groups will choose to cooperate.

History

This game was first described in Karl Rohnke’s classic teambuilding games book “Cowstails and Cobras II” www.karlrohnke.com

Related Quote

“The bird a nest, the spider a web, man friendship.” ~ William Blake



Safety

Read this section before you attempt to lead this activity!

No single book can substitute for practical experience and education. While this book serves as an introduction to leading teambuilding games, it is only an introduction. Reading this book is no substitute for professional training. The reader is advised to seek out the best possible training in the field of adventure-based experiential education, safety and risk management before attempting any of the activities in this book.

I strongly encourage you to allow the participants to choose their level of challenge. Allow each individual to communicate his or her comfort level with the activity and to join in, rather than be coerced into, participation. Challenge and adventure programs are an opportunity for participants to experience growth, and consequently, they should be the result of an invitation, rather than a requirement.

It's imperative that you know the physical and emotional strengths and limitations of the group you're working with. Don't present an activity that's beyond the physical and/or emotional limitations of your group or any member of your group. If there's any question in your mind as to whether an activity is appropriate for your group - DON'T DO IT! Consult a qualified adventure-based experiential educator.

The Importance of Spotting

Some of the activities presented in this book require the participants to lift each other off the ground. This can be dangerous for both the lifter and the person being lifted. For this reason, you as the leader must be able to convey the importance of proper spotting.

Spotting is the art of protecting a team member's head and upper body from the impact of a fall. Spotting does not mean that you catch a person when he falls. It merely means that you create a cushion, effectively slowing down their fall.

Effective spotting requires that all participants pay close attention to what's going on. If the group or any member of the group is not ready to participate in an activity that requires spotting, choose another activity that doesn't require spotting.

Depending on your group, it may take months to work up to an activity that requires spotting.

To be effective spotters, participants must have a high degree of trust. If participants have been into horseplay or are using language (or other forms of communication) that takes away from the feeling of trust, then you must reconsider any activity that involves spotting.

Spotting is a difficult task to teach as the potential spotter usually doesn't recognize his importance until he actually has to support a falling body. The following are pointers for teaching spotting:

- Explain the concept and meaning of spotting.
- Practice spotting with participants before they actually need to use the skill in an activity.

- Promote the attitude that teasing/joking about not catching someone has no place in your program.
- The activities in this book require a minimum number of 2 spotters and depending on the skill and ability level of your particular group, more spotters may be necessary.
- Supervise spotters closely.
- The leader must model spotting.
- A good spotter shares the responsibility of spotting equally. It is easier and safer to work as a team when spotting.
- Spotters should stand in a balanced position, holding hands up in a “ready position,” or as some say “bumpers up”. Spotters should focus on the participant.
- Spotters should cushion a fall, not catch and hold, and should move with the direction of force.

Spotting Safety Guidelines_

- Make sure all participants understand the importance of proper spotting prior to starting any activity.
- The activity leader must have a clear understanding of the physical and emotional abilities and limitations of each member of the group prior to starting. This information should be used to determine the appropriateness of a particular activity.
- The leader must participate in spotting - paying close attention to the head, neck and upper back.
- When lifting one of the participants is essential to successfully solve a challenge, the leader must effectively teach participants how to safely lift so that injury is avoided. Remember: lift with your legs, not with your back.